



Panic attacks are frightening! You might want to retreat to the safety of your bed to ensure you never have to endure another one, but don't let them beat you!

Empower yourself by learning ways you can be prepared for panic.

Therapy, medication and breathing exercises will always top the lists for dealing with panic, but here are other things you can do to help build your sense of security and confidence!



1

BUILD A NETWORK



Find people you trust to talk to about your panic attacks. This can be a powerful aid. Anytime you are feeling uncertain or anxious, you can turn to those people for support.

Sometimes just knowing someone is near who knows how you feel can bring peace.

2**PRETEND**

Think of someone who exudes confidence. In times of panic, be that person. Think of someone who brings you strength and pretend they are with you when you feel anxious. Envision Beyoncé striding confidently beside you, helping you find your power! Or think of your panic as a bratty monster. Give it a name and tell it what you think of it. It's not the boss of you!

3**DISTRACT YOURSELF**

In certain situations, distraction helps. Hate flying? Watch a movie. Or wear headphones, close your eyes and listen to some white noise to cover up the weird sounds during take-off. Does driving freak you out? Listen to an engrossing podcast or music that makes you want to sing.

4**TEA TIME**

When you feel panicky, have a cup of herbal tea if you can. Or bring along a water bottle with a tea ball in it filled with a homemade anti-panic herbal mix (you can use any mix—experiment with combinations of passionflower, lemon balm, chamomile, lavender, kava...) You can also put lavender oil on your wrists for calming aromatherapy whiffs.

5



MEDITATION, ACCUPRESSURE AND EFT/TAPPING

Meditation can be an effective foundation for serenity. Also check out acupressure and EFT (Emotional Freedom Technique, aka, Tapping). These are techniques that stimulate points on the body that promote feelings of well-being. Google them, then practice and have them in your panic arsenal when you need them.

6



EXERCISE

There's something about moving your body and elevating your heart rate on your own terms that helps keep anxiety in check. A good workout helps you feel a teeny bit more invincible. Bonus points if you can get outside and turn your workout or walk into something meditative and mindful as well.

7



GROUNDING AND MINDFULNESS

Learn how to stop, observe, and anchor yourself back in reality. Check in with each of your senses: I see the clock; I feel my sweater; I hear birds. Wear a special piece of jewelry that can be a touchstone when you need grounding. You can take notes--or just doodle--if the occasion permits. Get outside, stand barefoot in the grass, and literally feel the earth beneath you...right where you left it.